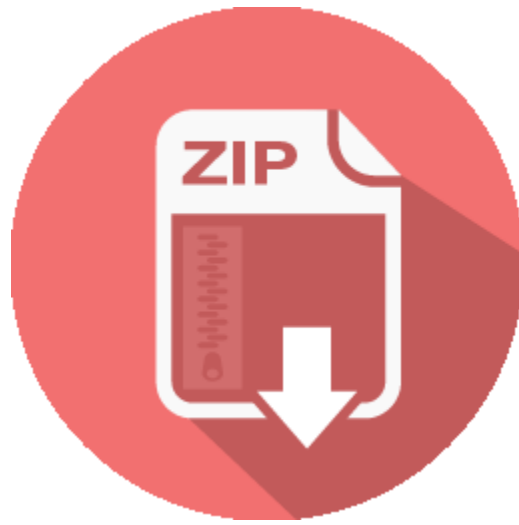


WAYS HOW TO LOSE WEIGHT



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Eating fewer calories than you burn will help you lose weight it's that simple, Dr. Seltzer says. But you need to know your patterns before you can make a plan. To assess how much you're actually eating to maintain your current weight, Dr. Seltzer recommends using MyFitnessPal. Just input whatever you eat, and be honest.

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You don't have to go vegan, gluten-free, or quit any particular food group to lose weight. In fact, you're more likely to keep the pounds off for good if it's something you can live with for the long term. But it does make sense to cut way down on, or totally cut out, empty calories. Limit added sugars.

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